

# Carrot Lentil Brown Rice Casserole

**Makes:** 30 servings

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Ingredients	Weight	Measure
Cooking spray		As needed
Onion, chopped		1 1/2 cups
Carrots, diced frozen		2 1/2 cups
Dry lentils, rinsed		2 cups
Uncooked brown rice		2 cups
Green pepper, chopped		2 1/2 cups
Dried thyme		1 tsp
Dried basil		1 tsp
Oregano		1 tsp
Salt		1/2 tsp
Rubbed sage		1/2 tsp
Minced garlic		1 Tbsp
Water		5 cups
Low sodium vegetable base	3/4 oz	
Canned tomato strips in puree		5 cups

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>110</b>	
Total Fat	0.5 g	
Protein	5 g	
Carbohydrates	22 g	
Dietary Fiber	5 g	
Saturated Fat	NA	
Sodium	80 mg	

## Directions

1. In steam table pans sprayed with cooking spray, combine all ingredients.
2. Cover and bake at 300 degrees F (convection oven) until the liquid is absorbed and lentils and rice are tender (about 1 1/2 hours).
3. Keep hot (155 degrees or higher) for service.